

Oxygen, Alkalinity – The Key to Reversing Disease

It's Always the Oxygen... Really...

The Framework

Think of life in the ocean or an aquarium. Our bodies are just bags of “seawater” full of aquatic cells. The water matrix must be well oxygenated to support fish and cells alike. *Oxygen delivery depends on a well charged “inner ocean,” and generating that charge depends on oxygen delivery.* Real simple. Call me Capt. Obvious.

The universe is a rainbow manifestation born of a singular primal energy that divided itself into a duality of opposites: protons/electrons, acids/alkalies, north pole/south pole, yin/yang, here/there and the boy/girl thing we all deal with daily. They animate our world... to prevent boredom I suppose. Viva la difference! Likes repel each other while opposites desire union in a redox dance, the incessant exchange of electrons, the movement of energy, the spark of life.

We can measure this “sexual” tension as body voltage, oxidation-reduction potential (ORP) or pH. Bottomline, it is energy that drives all life processes.

The major determiner of bio-energy is O₂ delivery to cytoplasm and mitochondria where it generates metabolic ATPs (ATP is the carrier molecule that transfers electrons/energy resulting from cell respiration) ...and then sponges-up acidic protons to conserve those electrons, that energy.

If you work from this foundational premise, the puzzle of health and healing unravels nicely. Then the only question is how to correct basic conditions... to move more oxygen... to

maximize energy levels and minimize losses... to prevent or heal disease. The charge environment that comes of efficient energy production invites more oxygen to produce more energy, so la la la, the life goes on.

The Way It Used to Be

While scientific studies focus on individual diseases, generalized diets and therapeutic elements like drugs or even natural supplements, they ignored the overall context of life and its basic requirements. All chronic disease really arises from a singular root cause; acidity>hypoxia>energy shortage>enzyme error>cell failure... aka inflammation and oxidative stress. This includes all the “diseases” conventionally identified through downstream symptoms and secondary etiologies. *Heart disease, arthritis, depression, infection, cancer, etc. are then conventionally “diagnosed” and treated individually like some evil entity apart from the low energy environment that created them.*

The Way It Will Be

The Forbidden approach works on correcting energy levels/body charge at the most basic level to establish conditions necessary for optimal oxygen delivery and energy production so normal biochemistry can proceed. Cells are perfectly capable of both maintaining and restoring function and mounting immune responses when given enough energy. This presents a problem for highly trained doctors and the medical industry who depend on selling thousands of drugs, diagnostics and procedures for hundreds of “different” diseases...after failing miserably at preventing them.

Electrons!

Mitochondria mine solar-energized electrons from carbon bonds (in food) and the conversion to ATP largely fuels our

biochemistry and maintains body charge (-40 to -50mv/pH 7.35-7.45). A strong body charge protects cell molecules from being destroyed by acids, oxidants, radiations, free radicals: inflammation/oxidation. Inflammatory immune response, on the other hand, though powered the same way, produces powerfully oxidizing hydrogen peroxide and singlet oxygen (ROS) that destroy pathogens and unwanted cell debris. Life swings in the balance.

Oxygen is a switch hitter depending on its atomic states and so can act as a metabolic oxidizer, a more powerful immune oxidizer in singlet radical configuration, or as an "antioxidant" as it turns acidic protons to water when it mops-up after the process of respiration. Oxygen recharges pH buffers and conserves electrons.

So big picture, this means that over-fueled/under-oxygenated cells will become acidic and further repel and deplete oxygen. If unable to get enough oxygen to neutralize metabolic acids, charge terrain will degrade, electrons will be stolen from DNA and structural molecules, energy production will be frustrated, and then cells become dysfunctional, diseased, susceptible to pathogens, decompose, or become anaerobic and cancerous.

This view of health and healing hides in plain sight in high school biology/chemistry texts, but has become forbidden knowledge camouflaged in medical industry fear-peddling, intentional disinformation, and by discrediting the competition.

So how do we nudge the redox (oxidation/reduction) balance to create the correct conditions and move more O₂?

Skill-set Index

Master these simple skills and practices used by some of the most successful alternative physicians and natural health

experts. They are inexpensive and can be done at home, in the garden and in the kitchen...if one studies and applies.

Breathe

Slow deep breathing allows CO₂ to build which improves oxygen release by RBCs. Hyperventilation/rapid breathing delivers lots of oxygen and blows off CO₂ alkalizing the blood (and normally doesn't induce fainting).

Breathing exercises use both extremes and many in between. It's free, so why not explore and experiment? Skin, scuba, and hookah diving offer unseen benefits.

HBOT and other enhanced oxygen applications have been found to help overcome almost every ailment from concussions to sports injuries including conventional hospital treatments for gangrene, but are sorely, and negligently underutilized.

Breathing air under pressure saturates blood plasma with O₂ above and beyond RBC's capacity...pure oxygen under pressure delivers even more. HBOT use is quite common elsewhere in the world. The use of promising high-pressure therapies in the U.S. was sabotaged by the medical establishment and has gone the way of Linus Pauling, Vitamin C, and Chiropractic.

"Orval J Cunningham, a professor of anaesthesia at the University of Kansas in the early 1900s observed that people suffering from circulatory disorders did better at sea level than at altitude and this formed the basis for his use of hyperbaric air. In 1918, he successfully treated patients suffering from the Spanish flu with hyperbaric air. In 1930, the American Medical Association forced him to stop such hyperbaric treatment, since he did not provide acceptable evidence that the treatments were effective." (Wikipedia entry; HBOT)

I often marvel at the immense size of whales and how they carry sea level air to great depths with 10s of atmospheres

of pressure. This jams their blood plasma and cells with high levels of O2 and can only account for their tremendous bulk. I also wonder what special chemistries allow terrestrial elephants to attain such proportions? Recall the age of dinosaurs with 35%+ atmospheric oxygen... when living large really meant something."

Earthing

Contact with Mother Earth passes her negative charge into the body. Perfect. Try going barefoot and swimming at every opportunity. Grounded bed sheets and many other helpful applications are also available.

Sunshine

Photons raise electron energy levels wherever they strike and power photosynthesis in plants and Vitamin D synthesis in humans. Dr. Gerald Pollack has shown that light, radiant heat, and acoustic energy structure our 99% water, alkalize it, and enhance charge potentials that give living organisms stronger "batteries." Fresh research (links below; chlorophyll/humans-photosynthesize) concludes that we utilize solar photon energy directly.

Nutrition

Modern processed foods are literally predigested with complex fat, protein, and carbohydrate molecules being oxidized, altered, or broken down into too easily absorbed units. This circumvents normal digestion, ruins bacterial balance in the gut, and causes leakage. The flood of fuel into cells then overtakes oxygen availability resulting in a drop in pH, voltage, and biochemical function, not to mention it is fattening and creates glycations and autoimmune problems.

Grass fed and unprocessed organic ingredients contain the most

“life force” or in actuality way more photon energized electrons. A nutrient-dense real food diet satisfies appetite in smaller amounts than deficient factory foods ever can.

Balance acid-forming and alkalizing foods and cook gently, sticking with low glycemic choices and those rich in balanced omega/saturated fats, diverse proteins, fiber, vitamins, minerals and antioxidant polyphenols.

Membrane *Musts*

One *must* build an oxygen expressway into cells and so *must* consider the quality of red blood cells, electrolytes and the charge of blood... up to and through membranes which *must* be constructed of the proper saturated and omega fats, not trans or other damaged oxidized polyunsaturates.

Membranes *must* present a charge gradient to transport oxygen and materials, and that depends on adjacent H₂O/H₃O⁺ structure, viscosity, electrolytes, and the conductivity of pristine fat molecules as well as vigilant protection of those fat molecules from oxidation by maintaining well-charged fluids.

Supplements

Vitamin C is more than a vitamin though it performs dozens of essential functions; *it's a bulk electron source!!!*

Baking soda or sodium bicarbonate, a giant medicine in its own right, is an alkalizing source of pH buffering bicarbonate which releases beneficial CO₂ and swings between bicarbonate and carbonic acid with every breath and is also active in the kidneys. When ascorbic acid (pure Vitamin C) is mixed with baking soda, ascorbic acid is neutralized and becomes sodium ascorbate to flood the system with electrons.

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All vitamins and minerals are important, but conventional intake numbers are bogus, many times too little too late. The whole idea of minimum nutrient requirements bows to the high priests of pharma and the czars of industrial food. Confusion rules the subject, so we must quantify our own needs based on nutrient contents of our particular diet, hair analysis, levels of inflammation and any apparent symptoms.

Megadosing of Vitamins C, B3 (niacin) and B12 is common in alternative literature and even short term loading of Vitamin A, D and E have been reported.

Synergistic benefits accrue when combinations are used like adding Vitamin E, K2, NAC, and RALA to Vitamin C megadose along with minerals since their charges and effectiveness are maintained through Vitamin C's electron benevolence. *This is quantitative chemistry where quantity counts and excess quantity pushes equilibria...a good thing.*

GMI has frequent articles reminding us of valuable nutrient sources to bring to the kitchen to enhance one's intake of phytos, healthy fats and protein sources. Polyphenol-rich items (see link below) like turmeric, citrus flavonoids and green tea enable oxygen delivery by knocking off damaging

hydroxyl radicals that would otherwise oxidize membrane fats and cell structures.

In a perfect world with a higher oxygen content and pure foods in magnificent variety, one could be free of health worries and supplements. Unfortunately, man in his infinite ignorance has created an artificial food supply, burned forests and fossil fuels, and spilled his chemistry set to the extent he has acidified, contaminated, and inflicted oxidative stress and mass extinctions upon the entire planet.

Emotional

Stress is an acidic, out-of-control emotion commonly described as fear, shame, guilt, and anxiety which excites the sympathetic nervous system and dumps cortisol. Improving body charge helps the mind-bulb glow brighter as do love, gratitude, and the attitude of sharing. Beware of the mass media anxiety machine.

Lifestyle Activity

Exercise accelerates circulation, oxygenation, and the removal of wastes like maintaining the aquarium or the ebb and flow of the tides that prevent stagnation. It keeps the heart in shape and the mind calm. Quality sleep releases melatonin, a powerful antioxidant, and relaxes all energy gobbling tension. Sleep apnea deprives the body of oxygen when it needs it most for restorative processes. The symptoms are exaggerated examples of O₂ deprivation with (often misdiagnosed and mistreated) circulatory distress and edema that magically disappear when normal breathing and deep sleep are restored.

Metals/Toxins

These are charge killers – avoid and detox. Hair analysis identifies metal loads such as mercury, cadmium, arsenic, and

aluminum which source free radical oxidants, encourage infections, and result in chronic inflammation. Many people are surprised by their accumulations and mineral deficiencies. I've used Eidon/Biotrend Labs with satisfaction and there are others. It is only a matter of mailing a hair sample with a check and waiting for results so you really know where you stand. Then try to account for ingested metal sources and mineral levels.

AC/DC

There are a number of electronic, magnetic, laser and acoustic devices that have shown effectiveness in conditions across the board: electric brain stimulators and acupuncture techniques, various magnetic wraps, pulsed laser therapy for joints, frequency generators to raise vibrations, and sound machines that heal stubborn ulcerations. Each supplies or modulates different forms of energy.

So

Aging is not much fun if you suffer with chronic disease(s) and pain. It is sad to see so many spend their later years (along with their life's savings) at the doctor's office and the drug store. To avoid this fate, you must attend to the maintenance of your own body. Give your cells the same conditions you would supply a goldfish: clean, well-oxygenated, pH balanced, properly-charged fluids so they will have plenty of energy to function at healthy levels.

Forbidden Protocol

A common sense approach, based on solid science, provides an organizational framework and skill guide to correct body chemistry via thousands of well-known healthy practices and natural therapies.

Goals

- antioxidantize/add electrons
- alkalize
- oxidize pathogens
- correct nutrient/vitamin/mineral levels
- detox metals and organic toxins
- get sunshine
- breathe and exercise
- quiet the mind
- allow time for results
- have a purpose
- enjoy life...

Author's Note:

What with man's propensity to burn things and use our oceans as an open sewer, it always seemed implausible for geo-science to conclude that global oxygen levels are "remarkably stable."

New analyses of atmospheric O₂ disagree with this conventional view and point to industrial practices that deplete oxygen even faster than they raise CO₂ concentrations.

Interestingly the study states; *"In humans, failure of oxygen energy metabolism is the single most important risk factor for chronic diseases including cancer and death."* – *O₂ Diving Towards Danger Point* – Institute of Science in Society

Check out other Articles by Capt. Randall on GreenMedInfo.

Recommended Products:

- Shillington's Body Balance+
- Micro Liposomal C – Allergy Research Group
- Vitamin D
- Niacin (with flush)
- Niacin (without flush)

- Total Nutrition Formula

Further Reading:

- *How To Breathe*
- *Earthing – Ground Your Body for Optimal Health*
- *Sunlight and Vitamin D*

Sources:

- *Amazing Discovery: Plant Blood Enables Your Cells To Capture Sunlight Energy* – GreenMedInfo
- *Can Humans Harvest The Sun's Energy Directly Like Plants?* – GreenMedInfo